Nutritional Sciences 1340: Introduction to Exercise and Fitness
Lesson 3 Assessment

20 Questions, 20 Points Total

Name:	Samuel Beffa
Mizzou Online ID:	318020
E-Mail:	Sby5b@mail.missouri.edu

True/False
– 5 questions, 1 point each, 5 points total

Directions: Questions 1-5 are True/False. For these questions, type A if the statement is true and B if the statement is false in the space provided below the question.

1. Typically, at any given submaximal workload, an aerobically trained (fit) person will have a **lower** HR compared to an aerobically untrained (unfit) person.

   A. True
   B. False

Answer: A.

2. Typically, at any given submaximal workload, an aerobically trained (fit) person will have a **higher** SV compared to an aerobically untrained (unfit) person.

   A. True
   B. False

Answer: A.

3. At rest, an aerobically trained (fit) person will have a **higher** HR compared to an aerobically untrained (unfit) person.

   A. True
   B. False

Answer: B.

4. At rest, an aerobically trained (fit) person will have a **higher** SV compared to an aerobically untrained (unfit) person.

A. True
B. False

Answer: A.

5. A 25-year-old endurance female athlete will almost always have a **higher** Max HR as compared to a 25-year-old sedentary female.

A. True
B. False

Answer: B.

Fill-in-the-Blank

– 5 questions, 1 point each, 5 points total

Directions: Questions 6-10 are fill-in-the-blank. For these questions, type the best answer in the space provided.

6. Blood leaving the right ventricle is headed to what major organ? lungs

7. Blood leaving the left ventricle is oxygen rich. The technical term for this is oxygenated blood.

8. According to the FIT formula for **Cardiovascular Fitness**, the Frequency should be a minimum of three days/week.

9. According to the FIT formula for **Cardiovascular Fitness**, the intensity level should be 55-90 % of maximum heart rate.

10. VO_{2max} is represented by the following mathematical equation: CO x ($AVO_2 - VO_2$).

Multiple-Choice

– 10 questions, 1 point each, 10 points total

Directions: Questions 11-20 are multiple-choice. For these questions, choose the one *best* answer and type it in the space provided below the question.

11. Bryan is attempting to measure his exercise HR. He counts 22 beats in 10 seconds. What is his HR?

    A. 132 bpm
    B. 122 bpm
    C. 222 bpm
    D. 112 bpm

Answer: A. 132 bpm

12. Which of the following best describes cardiac output?

    A. The amount of blood pumped per minute.
    B. The amount of blood pumped per beat.
    C. $AO_2 - VO_2$
    D. B and C

Answer: A. The amount of blood pumped per minute.

13. Which of the following best describes stroke volume?

    A. The amount of blood pumped per minute.
    B. The amount of blood pumped per beat.
    C. It is lower in endurance athletes compared to sedentary counterparts at any workload.
    D. B and C

Answer: B. The amount of blood pumped per beat.

14. VO_{2max} is:

    A. the ability of the body to take up and use oxygen efficiently.
    B. the best measure of cardiovascular fitness.
    C. higher in endurance athletes compared to unfit counterparts.
    D. All of the above

Answer: A. the ability of the body to take up and use oxygen efficiently.